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Iowa State University

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Alcohol

Beverage ban sparks debate

FDA bans popular drink, met with mixed reviews

By Michael.Craighton @iowastatedaily.com

Caffeinated alcoholic drinks such as Four Loko, Joose, Moonshot and Core will be off all store shelves in Iowa by Thursday, in accordance with a decision by the Iowa Alcoholic Beverages Division and a warning issued by the U.S. Food and Drug Administration.

Many local stores, such as Hy-Vee, have already pulled the drinks from their inventories.

The FDA issued a warning statement Nov. 17 to four companies to stop selling caffeinated malt alcoholic beverages. One of the companies, Phusion Projects LLC, is the maker of Four Loko. The FDA officially banned sales of the drinks Wednesday.

All four companies agreed to cease production of caffeine-enhanced alcoholic products and remove them nationwide from store shelves by Dec. 13.

The ban of caffeinated alcoholic beverages in Iowa has sparked strong reactions from ISU students. Many students feel that the ban will not be effective.

“You can make these kinds of drinks yourself,” said Amanda Marek, senior in marketing.

“People will drink the same drinks anyway, just mixing caffeine and alcohol.”

Nicholas Moon, junior in finance, said he thinks the FDA is overstepping its boundaries by banning Four Loko and other drinks.

“They shouldn’t be able to,” Moon said. “There are other things that are unhealthy that they haven’t tried to ban.”

Other students disagree. Brooke Barker, sophomore in pre-business, said she thinks that if the product is causing significant harm, then the FDA has the right to ban it.

DRINK.p5A >>



One can of Four Loko is equivalent to drinking a six pack of beer and five cups of coffee in one beverage. Information from U.S Food and Drug Administration research. Graphic: Kenyon Shafer/Iowa State Daily

Faces in the Crowd

What do you think of the ban on caffeinated alcoholic beverages?



Kylie Kinsey
freshman history

“I don’t think banning is necessarily a bad idea, because people mix alcohol with drinks like Red Bull anyway.”



Matt Mallett
sophomore computer engineering

“I guess it makes sense to ban it. It doesn’t make sense to drink something like that anyway.”



Wil Spencer
senior marketing

“I think it’s kinda stupid to ban it.”



Libby Zuzek
sophomore business

“I think it’s your own responsibility to choose what you drink. It’s not a good idea to have it banned.”



Jenn Schrimper
sophomore graphic design

“If you drink, you should know the health risks. If you drink four of them, it’s not going to be healthy for you.”

Campus organizations

Students work around the globe



ISU students participating in Engineers for a Sustainable World have participated in and continue to take part in many projects to benefit the environment, both stateside and internationally. Courtesy photo: Meghan Roberts

Group focuses on sustainable work

By Elisse.Lorenc @iowastatedaily.com

When it comes to sustainable engineering, Engineers for a Sustainable World focuses its projects from both a local and international perspective.

“That’s a big part of what we do, and that’s really the big reason that ESW started in the first place, looking at places around the world and helping them to meet their own needs,” said Sam Harting, senior in mechanical engineering and student who works with local projects for ESW.

The nationwide student organization already completed work in Uganda with the design of bio-gas digesters and rainwater harvesting tanks.

“In the past few years, we’ve mainly worked in Uganda, which was where we mainly focused on

one area: bio-gas digesters,” said Pasha Beresnev, senior in civil engineering and ESW vice president. “We could use the methane gas produced from animal wastes to produce electricity. Those were used to power lights and small cooking stoves, as well.”

Beresnev, along with other engineering students, worked on various designs for the rainwater harvesting tanks.

The students traveled to Uganda during the past few summers and constructed three tanks to collect rainwater and store the fresh water for drier seasons.

“Until last year, we were predominantly focused on international projects, looking at different communities that we have partnerships with,” Harting said.

The students have initiated their projects with other countries, including India and Nicaragua, to implement solar projects.

More fig trees are produced than

ESW.p4A >>

Graduation rate

Regents examine numbers

By Paige.Godden @iowastatedaily.com

Iowa State is studying the numbers of students graduating in four years to determine whether ISU students are increasingly or decreasingly meeting that goal — and whether the goal is, in fact, most beneficial to students.

The Iowa Board of Regents strategic plan highlights three priorities: “access, affordability and student success; education excellence and impact; and economic development and vitality.”

The Regents’ strategic plan has a list of eight goals for the five Regent institutions to meet that will help in achieving these priorities.

REGENTS.p4A >>

Philanthropy

Cause puts textbooks back to use

By Lindsay.Calvert @iowastatedaily.com

With finals week approaching, one ISU fraternity is working to give students another way to get rid of old textbooks.

Pages of Promise, a philanthropy of ACACIA fraternity, provides an alternative option for students to give their books to underfunded schools, universities and libraries in Africa to improve literacy.

Many schools in Africa have one textbook that the entire class must share. Typically, each student has two or three hours in the library each week to use the textbook.

Keegan Kautzky, ISU alumnus and ACACIA member, experienced the need for textbooks in Africa firsthand.

Kautzky lived with a family in Mali that had two students enrolled at

ACACIA.p5A >>

Women’s studies

Blog brings connection to students

By Carmen.Leng @iowastatedaily.com

The Margaret Sloss Women’s Center has spread to the Web with the addition of a blog in attempts to further connect with students.

The development of the blog began at the MSWC when Penny Rice, Margaret Sloss Women’s Center director; Chris Fowler; Christine Peterson; and Elizabeth Steinborn began brainstorming innovative ways to connect with students at the beginning of the semester.

The women came to the conclusion that instead of trying to outdo the million fliers posted on every campus bulletin board, they would create an online blog, which is free and eco-friendly.

“The blog is very exciting to me be-

BLOG.p5A >>



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Weather | Provided by ISU Meteorology Club

Mon
25|46

40 percent chance of showers, light snow and wind through the night

Tues
16|29

Snow flurries expected, windy and cold

Wed
19|33

Mostly sunny

Flash flood:
On this day in 1911, the world record for a five-minute rainfall was set in Porto Bello, Panama, as 2.48 inches fell.

Calendar

MONDAY

Stress Less Week: Seminar
When: 6 to 7:30 p.m.
What: Preparing for Finals Seminar: Thinking about finals getting you stressed? Don't procrastinate. Learn the best ways to study for finals before Dead Week.
Where: 3630 Memorial Union

TUESDAY

STEM Education Col-laboration Coffee
When: 9 to 10 a.m.
What: Hosted by the Center for Excellence in Science, Mathematics and Engineering Education, this month's gathering will discuss "What does it mean to 'do' STEM?" All faculty, students and staff are welcome.
Where: Room N047 Lago-marcino Hall

Tuesday Tea
When: Noon to 1 p.m.
What: Come to the Farm House Museum to enjoy tea and conversation about all things Farm House. Mark your calendar from Noon to 1 p.m. Tuesdays this month and enjoy the 150 year old structure in a whole new way. Check the University Museums website to learn what the discussion topic will be
Where: Farm House Museum



Open Mic Night
When: 8 p.m.
What: Sign up at 7 p.m. Performances at 8 p.m. All welcome!
Where: Maintenance Shop, Memorial Union

Daily Snapshot



MUSIC MULTITASKING: West Lounge's piano put to holiday use

Ayla Pinto, 21, from Puerto Rico, talks on the phone while playing the piano Sunday in the West Lounge of the Memorial Union. Pinto and her family are in Ames to celebrate Thanksgiving and visit her brother.
Photo: Karuna Ang/Iowa State Daily

Police Blotter:

Ames, ISU Police Departments The information in the log comes from the ISU and City of Ames police departments' records. All those accused of violating the law are innocent until proven guilty in a court of law.

Nov. 15
A vehicle that left the scene struck a car owned by **Timothy Anderson**. [reported at 1:28 a.m.]
Vehicles driven by **Olivia Gapinski** and **Simon Howlett** were involved in a property-damage collision. [reported at 8:14 a.m.]
A staff member reported the theft of money from a locked desk drawer. The incident occurred sometime since Nov. 13. [reported at 10:25 a.m.]
A staff member reported that someone had attempted to gain entrance to a locked room. [reported at 4:51 p.m.]
Several patrons reported the theft of various items, including a cell phone, an iPod, keys and a wallet, from the basketball court. [reported at 9:32 p.m.]
Officers assisted an individual who had fallen off a bike. The individual was transported to Mary Greeley Medical Center for treatment. The bike was placed into secured storage. [reported at 10:14 p.m.]

Nov. 16
A vehicle driven by **Craig Davenport** struck another vehicle causing property damage. [reported at 8:09 a.m.]
Rebecca Brown reported the theft of a bicycle. [reported at 10:45 a.m.]
Officers assisted a man with several head lacerations. [reported at 10:52 a.m.]
Vehicles driven by **Pengyang Huo**, **Michael Wild** and **Jonathon Betts** were involved in a property-damage collision. Huo was cited for no driver license and failure to yield. [reported at 11:13 a.m.]
A staff member reported the theft of a garden gnome. [reported at 11:21 a.m.]
A motorcycle driven by **Christopher Wersinger** and a vehicle driven by **David McVicker** were involved in a personal-injury collision. [reported at 2:06 p.m.]
Vehicles owned by **Christopher Tong** and **Spencer Holten** were involved in a property-damage collision. [reported at 7:42 p.m.]
Peter Callaway, 20, 2822 Oakland St., was arrested and charged with burglary, fifth-degree theft, criminal trespass and public intoxication. [reported at 11:19 p.m.]
Thomas Wilson, 20, 129 University Village unit E, was arrested and charged with burglary, fifth-degree theft, criminal trespass and public intoxication. [reported at 11:19 p.m.]
Steven Woods, 20, of Cedar Rapids, was arrested and charged with burglary, fifth-

degree theft, criminal trespass and public intoxication. [reported at 11:19 p.m.]
Nov. 17
Shannon Tokle, 22, of Boone, was arrested and charged with probation violation. [reported at 1 a.m.]
Three abandoned bicycles were placed into secured storage. [reported at 2:35 a.m.]
Kimberly Rogers, 33, of St. Louis, Mo., was arrested and charged with operating while intoxicated. [reported at 2:37 a.m.]
Heba Mohamed, 23, 168A University Village, was arrested and charged with driving under suspension. She was subsequently released on citation. [reported at 6:10 a.m.]
An individual reported two people having a disagreement, with one pushing the other. [reported at 8:27 a.m.]
A vehicle that left the scene struck a car owned by **Lucas Paes**. [reported at 10:40 a.m.]
Michael Zanoni, 33, 3125 Grove Ave. unit 3, was arrested and charged with two counts of contempt of court. [reported at 3:30 p.m.]
Shelli Klonglan, 39, of Ellsworth, was arrested and charged with fifth-degree theft. [reported at 5:45 p.m.]
Sean Cahill, 23, 1216 Walton Drive unit 106, was arrested and charged with two counts of driving under suspension and operating while intoxicated, second offense. [reported at 11:39 p.m.]

Nov. 18
Daniel Peterson, 21, of Boone, was arrested and charged with driving under suspension. He was subsequently released on citation. [reported at 1:28 a.m.]
A staff member reported the theft of recyclable cans. [reported at 1:35 a.m.]
A staff member reported damage to a door handle. [reported at 10:33 a.m.]
Ignacio Gonzales, 45, of Omaha, Neb., was arrested and charged with violation of drug tax stamp act, conspiracy to deliver meth and possession with intent methamphetamine. [reported at 12 p.m.]
A bicycle operated by **Manfred Brugger** collided with a car driven by **Emma Oeltjenbruns**. The incident occurred on Nov. 7. [reported at 12:20 p.m.]
Christopher Kallenbach reported the theft of a bike. [reported at 1:22 p.m.]
An injured deer was dispatched and moved from the roadway. [reported at 6:34 p.m.]
Steven Aitchison, 51, 3312 Ross Road, was arrested and charged with public intoxication. [reported at 8:21 p.m.]

Dustin Woods, 20, 4335 Moricopa Drive, was arrested and charged with two counts of manufacture of marijuana and PCS with intent to deliver. [reported at 9:30 p.m.]
A resident reported being harassed by an acquaintance. [reported at 10:09 p.m.]
Cindy Drew-Albin, 42, 3031 Bayberry Road, was arrested and charged with operating while intoxicated. [reported at 11:45 p.m.]

Nov. 19
Jared Watters, 19, of Fort Dodge, was cited for disorderly conduct. [reported at 12:55 a.m.]
Joseph Holman, 18, 4824 Helser Hall, was arrested and charged with public intoxication and disorderly conduct. [reported at 12:55 a.m.]
Daniel Lawler, 22, of Urbandale, was arrested and charged with public intoxication. [reported at 1:20 a.m.]
William Plaetzer, 20, 4123 Wallace Hall, was arrested and charged with public intoxication. [reported at 1:45 a.m.]
Cassidy Eakins, 21, 4912 Mortensen Road unit 434, was arrested and charged with public intoxication. [reported at 2 a.m.]
Amber Grajczyk, 25, 104 Pear Court, was arrested and charged with operating while intoxicated. [reported at 2:24 a.m.]
Timothy Schrum, 26, 906 Pinon Drive unit 5, was arrested and charged with driving while barred and driving under suspension. [reported at 3:04 a.m.]
Logan Jewett, 20, 3803 Tripp St. unit 7, was arrested and charged with serious domestic abuse. [reported at 4:02 a.m.]
An individual reported a man displayed a knife and made verbal threats. The suspect was later located, identified, arrested and transported to the Story County Justice Center. [reported at 11:08 p.m.]

Nov. 20
John Lemke, 19, 4467 Friley Hall, was arrested and charged with public intoxication and fifth degree theft. [reported at 12:43 a.m.]
Lee Hanson, 29, of Madrid, was arrested and charged with carrying a concealed weapon and operating while intoxicated. [reported at 1:10 a.m.]
Louis Hilgemann, 20, 103 Stanton Ave. unit 33, was arrested and charged with public consumption. [reported at 1:10 a.m.]
Michael Oelschlager, 23, of Roland, was arrested and charged with public intoxication. [reported at 1:30 a.m.]
Kyle Beatsle, 21, 2927 Woodland unit 1, was arrested and charged with public consumption. [reported at 1:55 a.m.]

Brandon Klugger, 23, of Cedar Rapids, was arrested and charged with public intoxication and third degree criminal mischief. [reported at 2:10 a.m.]
Kelli Barrett, 19, 1701 Pierce Court, was arrested and charged with public intoxication. [reported at 2:14 a.m.]
Timothy Johnson, 22, 3690 Helser Hall, was arrested and charged with four counts of aggravated assault, after allegedly displaying a knife in a threatening manner. [reported at 2:28 a.m.]
Officers assisted a resident who was experiencing medical and emotional difficulties. [reported at 3:14 a.m.]
Mitchell McGill, 24, 2709 Lincoln Way unit 107, was arrested and charged with public intoxication. [reported at 3:41 a.m.]
Joseph Evans, 23, P.O. Box 292, was arrested and charged with public consumption. [reported at 3:45 a.m.]
Brian Jackson, 26, of Columbia, Mo., was arrested and charged with public intoxication. [reported at 5:50 a.m.]
A resident reported finding a baggie containing marijuana. The item was placed into secured storage. [reported at 10:53 a.m.]
Nicholas Higgins, 22, of Des Moines, was arrested and charged with public intoxication. [reported at 11:59 a.m.]
Tory Metzger, 20, 210 Gray Ave., was cited for underage possession of alcohol. [reported at 2:05 p.m.]
Lukas Kollmorgen, 20, 2635 Knapp St., was cited for underage possession of alcohol. [reported at 2:23 p.m.]
John Elliott, 20, of Omaha, Neb., was cited for underage possession of alcohol. [reported at 3:32 p.m.]
Jonathon Van Der Weilde, 19, of LeMars, was cited for underage possession of alcohol. [reported at 4:07 p.m.]
Aaron Opheim, 30, of Allison, was arrested and charged with public intoxication. [reported at 4:38 p.m.]
Brette Manthe, 20, 826 Dickinson Ave. unit 13, was cited for underage possession of alcohol. [reported at 4:40 p.m.]
Clint Pieper, 25, of Colfax, was arrested and charged with public consumption. [reported at 6:12 p.m.]
Jason Weis, 21, 1123 Friley Stange, was arrested and charged with public consumption. [reported at 6:40 p.m.]
Christopher McNamara, 34, of Bettendorf, was arrested and charged with public intoxication. [reported at 6:57 p.m.]
Klorida Cubacub, 30, of Vancouver, Wash., was arrested and charged with public intoxication. She was subsequently released on citation. [reported at 7:03 p.m.]

Christopher Cran, 26, 13363 Mayfield Drive unit 103, was arrested and charged with public intoxication. [reported at 7:15 p.m.]
Frances Marks, 20, of Cedar Rapids, was arrested and charged with public intoxication. [reported at 7:42 p.m.]
Ali Imran, 18, 1617 Clark Ave., was arrested and charged with driving under suspension, drug paraphernalia and possession of a controlled substance. [reported at 8:15 p.m.]
Brandon Woebekeing, 23, of Des Moines, was arrested and charged with public intoxication. [reported at 8:20 p.m.]
Toby Anderson, 41, of Boone, was arrested and charged with public consumption. [reported at 9:05 p.m.]

Dec. 3
Matt Woods and the Thunderbolts
Daily Specials
Matamoros Monday
\$4 Margaritas (2pm-1am)
\$11 Buckets of Corona or DosEquis (2pm-1am)
\$5 Pork Fajitas* (All Day) *Dine-in-only
Karaoke Tuesday
\$5 for 8 Boneless Wings* (All Day)
(*No sides, Dine in Only)
\$1 Tube Shots (9pm-1am)
\$2.25 Spiced Rum and Pepsi (9pm-1am)
Karaoke (9pm-1am)
White Trash Wednesday
\$2 Spam Sandwiches* and \$2 Tator Tot Casserole* (7pm-10pm)
*Dine in Only
\$2 16oz Tall Boys of Keystone Light and PBR (7pm-1am)
2fer Thursday
2fer Wells (9pm-1am)
2fer Pork Tenderloins* (All Day, Dine in Only)
Late Night Happy Hour \$2.50 Domestic Pints (11pm-1am)
Unfiltered Friday
\$3.50 Pints Boulevard Wheat (All Day)
\$5 Regular Nachos* (2pm-7pm)
*Dine in Only
\$1.50 Keystone Light Draws (2pm-7pm)
\$3.50 All Craft/Import Beer
Wing It Saturday
59¢ Wings & Gizzards* (All Day, Dine in Only. Choose from Boneless or Traditional)
\$10 Domestic Buckets (All Day)

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gbentley0117@gmail.com

SAT

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FRI

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TILL MIDNIGHT

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Paddy's

Irish Pub

TUES

KARAOKE & 2FERS

WED

WHITE
RUSSIAN
WEDNESDAY

THURS

MUG NIGHT
\$3 DRAWS & \$5 WELLS

For Grad Party
Info contact:
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OUTLAWS

WED

CLASSIC ROCK &
COUNTRY KARAOKE

\$1 Well Whiskey
\$1 Busch Light Draws
\$3 Jack Daniels

THURS

MUG NIGHT
\$3 DRAWS & \$5 WELLS

FRI

8-9 BUCK BOTTLES
\$2 BOTTLES & WELLS 9-11
KARAOKE IN BASEMENT

SAT

\$1 DRAWS
\$2 WELLS
\$3 TOP SHELF WHISKEY
Spur LIVE in BASEMENT after game

For Grad Party
Info contact:
dcampidilli@gmail.com

For Grad Party
Info contact:
ryan9045@gmail.com

CY'S ROOST

AND DON'S DELI

TUES

BUCK BOTTLES w/
\$1 Domestic Bottles/ 2.50 Imports



WED

BEER PONG TOURNEY (CASH PRIZES)

\$2 Wells & Draws til 11pm
\$2.50 Domestic Bottles
\$2.50 John Daly/ Nobles

THURS

BIRTHDAY THURSDAYS
21 Pitchers for \$25 for
your B-day Week
(8-10 Only) \$2.50 Soco Limes

SAT

2FERS on Wells/Draws til 10
\$2.50 Captains 10-12pm

FRI

(4-8) / \$1 Domestic Draws
FREE Dominos Pizza 6-8
(8-10) 2FERS on
Wells/Draws

Student life

Greek councils elect new officers for 2011

By Lindsay Calvert
@iowastatedaily.com

The Collegiate Panhellenic Council and Interfraternity Council elected their new executive officers for the 2011 year. CPC is one of four governing bodies for ISU sororities and fraternities and consists of women from every sorority chapter it represents. The executive officers will lead the entire organization. The officers were elected by a delegate body that had representatives from each chapter. Erin McHale, junior in child, adult and family services, was elected CPC president. “I am here as a resource and the voice for all chapters on campus,” McHale said. “It is very neat working with women from different chapters to better the greek community.” McHale is the third of four children in her family to join the greek community at Iowa State. “I wanted to be a part of it from day one,” McHale said. “I just loved the whole idea of being able to meet people right off the bat because I was used to having a smaller high school.”

Joshua Knust, junior in mechanical engineering, was elected president of the IFC, another governing body at Iowa State. The presidents from each fraternity represented voted on the 12 new executive officers. “I am looking forward to working with the guys that are on our council and with the Collegiate Panhellenic Council,” Knust said. “I see us taking a step forward in improving on things we’re already doing and implementing some new ideas.” Knust said he did a great deal of research before deciding to join a fraternity. “It’s been an excellent experience for me for the past two and a half years. I am really glad I joined,” he said. McHale and Knust served as vice presidents of recruitment for their respective councils last year. “It will be beneficial having been on the recruitment side and having continuity between councils,” Knust said. “The recruitment position was a very demanding one that dabbles in different aspects of event planning, people management, communication and marketing.”

Collegiate Panhellenic Council Executive Officers

- President**
Erin McHale, junior in child, adult and family services
- Vice President of Judicial Affairs**
Anna Dollinger, junior in food science
- Vice President of Risk Management**
Jenna Fessler, senior in kinesiology and health
- Vice President of Recruitment**
Laura Schmitt, senior in biochemistry
- Vice President of Recruitment**
Ashley Furne, junior in management
- Vice President of Marketing**
Lauren Ryan, junior in journalism and mass communication
- Vice President of Recruitment Counselors**
Natalie Jennison, junior in English
- Vice President of Scholarship**
Elise Quam, sophomore in psychology
- Vice President of Finance**
not yet filled
- Vice President of Philanthropy and Community Service**
Shannon Cooper, junior in marketing
- Vice President of Membership Development**
Lindsay Altmann, junior in early childhood education
- Vice President of Communications**
Rachel Gerdes, junior in journalism and mass communication



McHale

Interfraternity Council Executive Officers

- President**
Joshua Knust, junior in mechanical engineering
- Executive Vice President**
Andrew McMurray, junior in biology
- Vice President of Judicial Affairs**
Stephen Bowers, junior in industrial technology
- Vice President of Risk Management**
Joseph Hora, sophomore in agricultural studies
- Vice President of Recruitment**
Austin Locke, junior in political science
- Vice President of Recruitment**
Jon Baumgarten, junior in industrial engineering
- Vice President of Communications**
Ryne Dittmer, junior in journalism and mass communication
- Vice President of Marketing**
Lucas Droessler, senior in advertising
- Vice President of Member Education and Development**
Robert Schmid, sophomore in mechanical engineering
- Vice President of Community Service and Philanthropy**
Ryan Helling, junior in finance
- Vice President of Scholarship**
Tyler Gustafson, sophomore in finance
- Vice President of Finance**
Brian Skalak, sophomore in pre-advertising



Knust

Diet

Eating in moderation is central to healthy holidays

By Lea Peterson
@iowastatedaily.com

The holidays are fast approaching, and there are a few things on ISU students’ minds: finals, the cold weather and holiday food. From Thanksgiving to New Year’s Day, families feast on mountains of calorie-laden comfort foods, but just because it tastes good doesn’t mean the body will make perfect use of generous proportions. L. Lanningham-Foster, assistant professor in food science and human nutrition, offered advice on making it

through the holiday season without adding a pant size. “There are definitely healthier ways to prepare foods,” Lanningham-Foster said. “Fried turkey will contain more fat and calories compared to roasted turkey. Overall, turkey is a low-fat protein option compared to some others, but preparation can impact the food greatly.” Turkey is one of the leanest meats, compared to ham and other red meats, and white meat is less fattening than dark meat, according to Health Discovery’s website. White

meat can be found in the breast of poultry while dark meat is in the drumstick. Taking off the skin of the animal will also greatly reduce calories. Lanningham-Foster said avoiding certain foods all together is not going to be as beneficial as eating in moderation. Use light options to dressings and butters, Lanningham-Foster said. Thinly spreading fat-free butter on a dinner roll will save calories while maintaining enjoyable taste. If a recipe calls for milk, use skim or 1-percent milk instead of 2-percent

or whole milk. “One important point to make about holiday eating is that many of us do not eat the large holiday meals on a regular basis,” Lanningham-Foster said. “For us to gain weight and become less healthy due to excessive caloric intake, it has to be maintained over a longer period of time than just one day. If someone eats excessively one day, they may be likely to eat lighter in the day or two following and/or increase their activity amount.” While promoting exercise, Lanningham-Foster said, one must

participate in physical activity “at a good intensity and period of time to burn sufficient calories to counter-balance the extra intake.” Even if an entire workout doesn’t fit in a hectic day, a short walk is better than nothing. Lanningham-Foster said exercising in the morning might help keep one’s metabolism operating at a higher rate for the beginning of the day. “Be physically active for at least 30 minutes most days of the week, but children need to be active even more [60 minutes a day],” Lanningham-Foster said.

>>REGENTS.p1A

The third goal on the Regents’ list is, “Iowa’s public universities will increase the percent of undergraduate students who graduate within four years.” The plan has accountability measures and targets for the universities to meet. The universities are to measure the data of the percent of students who graduate in four years, then increase the graduation rates by 40 percent, or to the median of its peer group. “It’s important students graduate within four years because the guideline for undergraduate students has students ideally graduating in four years,” said Greta Johnson, ISU alumna and current member of the Board of Regents. “If they don’t it’s costing the student more money as well as

the university and state.” Johnson said some of her friends who didn’t graduate on time travelled for study abroad and participated in internship opportunities instead of taking full loads of classes. Tammy Stegman, career coordinator in Business Career Services, said internships and study abroad programs do play a role in getting a job after graduation. “To a hiring manager seeing related experiences and activities on a resume puts the student a step above the rest,” Stegman said. “Employers don’t necessarily want a 4.0 [GPA] student who has never held a job or balanced school with anything.” Stegman said most employers tend to look at three main things, “good grades, related experiences and involvement.” Johnson said she understands the value of internships

and study abroad programs, which are a part of why some students are not graduating in four years, but said it is important for students to stay on task. “Goofing off instead of doing work needs to be avoided — students need to realize the value in finishing in four years,” Johnson said. David Holger, associate provost for academic programs and dean of the graduate college, said Iowa State is having a lot of internal discussion about four-year graduation rates and looking into a fair amount of data surrounding the subject. “I guess we feel preparation for a successful post-graduation career is more important for a graduation goal,” Holger said. He said studying abroad and similar experiences may take more time and might be a good investment for students

in the end. Holger said the university is trying to gather better data to discuss with the Board of Regents. “Four years might not be the answer. We’re trying to do some analysis of how the student debt compares for students who graduate within four years, and four-and-a-half or five years,” Holger said. He said the data they have been looking at doesn’t necessarily correlate to higher student debt, and there is a lot of speculation as to why that might be. “If you do something that does get you money within the five years, some internships and co-op experiences have paid benefits,” Holger said. He said making a trade of slightly more debt for an immediate income would be fair. “Right now the data is sort of mixed,” Holger said. “In some of our programs there are opportunities to do other things beneficial to student disciplinary and oriented growth that might make four years not the right answer.” Luke Rolling, president of the Government of the Student Body and senior in chemical engineering, sat in on the creation of Iowa State’s strategic plan, and said he would be very interested to see the data being gathered and mentioned that the goal could be counterintuitive. “I believe it’s very important that the university places an emphasis on graduating as soon as is appropriate for students at ISU,” Rolling said. “Each semester that students spend in school is not only a semester of paying tuition and other costs, but also a semester of not earning money in their careers.” He said there are important circumstances to consider when determining the reason why some students take more than four years. “We ... have some very intensive programs on campus with degrees difficult to obtain in four years,” Rolling said. “I therefore don’t believe it’s the best idea to draw too firm a line at the four-year mark, since many students have circumstances that are beneficial for giving a short delay to graduation. I believe university administration and the Regents are well-aware of this, and will consider this appropriately in analyzing their data.” Holger said there is a fair amount of discussion going on nationally. “Faster and cheaper isn’t

always true,” he said. The university wants alumni who are happy 10 years after graduation about the preparation they received during college because it helped them be successful, Holger said. “This is a much harder thing to measure than the time it takes to get a degree,” Holger said. He said he didn’t think class availability was having much of an impact on whether students graduate within four years. “We’re trying to be pretty systematic about that in terms of required courses,” Holger said. Holger is the head of a group that tries to predict what previous needs of students were and what new admission numbers look like. “We’re trying to look at which of the courses students need to take to get progress toward their degree. We’re looking at if there is mismatch, or over-demand and the number of seats offered,” Holger said. “During the last two or three years we’ve been improving with that.” He said the main priority has to be a course you need to take in a particular term in a degree.

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>>ESW.p1A

can be used in India, and often the fruit rots. ESW is trying to create a way to store the figs to prevent any rotting so the residents can make a profit from them.

“We’ve been working on a prototype, and basically it’s a cabinet-style fruit dryer,” Beresnev said.

“It would be connected to a solar panel, which is used to heat up the inside of the cabinet, and then just by the nature of the cabinet — it’s wood — and if it’s outside all day, it would heat up as well.

“There would be a lot of heat going in there. It would circulate throughout the different racks, and you’d just put the fruit on the racks and they would dry.”

Crop irrigation is becoming an issue for farmers in India. ESW’s goal is to use rainwater harvesting to obtain and distribute water for farmers using a technique called surface run-off.

“Surface run-off would be where most of that water would come from for the irrigation purposes,” Beresnev said.

“The water would run off of the surface, and that would create these big open tanks that capture all the water that’s flowing down there in the tank. From there you’d be able to connect it to some pipes and use it to irrigate the land.”

Domestic water is another issue in India. Planning to use similar concepts they’ve used in Africa, ESW members want to construct a personal household tank to be used throughout the year for household purposes. The students have been working recently in Nicaragua, implementing water irrigation systems such as drip-irrigation and ram pumps.

“We’ll be collecting water off the roof and developing a ram pump, which uses a river current to build up energy, essentially,” Roberts said.

Solar street lighting is an idea ESW not only wants to introduce to India but on the ISU campus as well.

“We work with facilities planning and management to find a spot that would work, somewhere that is not easily accessible for their grid,” said Meghan Roberts, senior in civil engineering and president of ESW.

“A place that’s far off campus, so maybe a golf course or walkway. Something that is a place that’s not easily accessible for them, and it’d be a high cost for them to get a light out there.”

The student organization has a team currently working on incorporating solar street lights on campus. Beresnev hopes to have some up by next semester with funds to construct the lights in India.

The goal for the group is to become more local with projects, including constructing a greenhouse for ISU Dining.

“We’re looking into a lot of the logistics to go into [the greenhouse],” Harting said. “We’re looking into costs, and hopefully by spring break, we’ll have a proposal to give to ISU Dining”



Engineers for a Sustainable World is a student group that works both domestically and abroad on projects that focus on having a minimal environmental impact. Courtesy photo: Meghan Roberts

They have also done energy audits throughout campus and with Becker Underwood, a local company.

“We were working with a local company, Becker Underwood, to do an energy audit on some of their facilities and address their energy issues,” Harting said.

To help encourage student involvement and get the word out, ESW has a goal to affiliate with other student green organizations, including the Green Umbrella and Live Green! Initiative.

“The only way we can get our name out there and do a lot of things is just by having a lot of student involvement,” Beresnev said.

“If that’s not there and students aren’t excited, then that’s just hard to do.”

Roberts, Harting and Beresnev all participate in ESW with the desire of giving students the opportunity to engage themselves with projects that make an impact on society, explicitly with sustainability.

“ESW really tries to do a lot of projects and give students some hands-on experience in engineering, and I think that comes from the international organization,” Beresnev said. “They try to get each chapter involved in different projects to provide support for that.”

“It’s been very beneficial helping me just to learn to design for real-world applications and to be made aware of what’s going on in the world and not ignoring what’s happening in other places,” Roberts said.

During upcoming spring break, the group plans another trip to Nicaragua to continue working with the rain-harvesting tanks.

>>BLOG.p1A

cause it’s cost efficient and doesn’t kill trees,” Rice said.

Due to the women’s studies operating budget being cut 56 percent, the women needed to find a cheaper method to attract students to the women’s center and thought an online blog would be the perfect way.

Pete Englin, director of the Department of Residence, once said to Rice, “We need to meet the students where they are at.”

The Internet is where they are at.

The women’s center posted its first blog post Nov. 16. Although it’s mostly geared toward women, the blog is a site

where all students are able to leave their own comments on the posts.

The topics are completely random, entertaining and educational issues that happen to come off the top of the women’s heads that day, with guest writers encouraged to contribute.

“I found the blog topics very interesting to read and will be looking forward to reading about their new topics in weeks to come,” said Taylor Julian, sophomore in pre-business.

Steinborn, graduate in educational leadership and policy studies, would like the blog stories to change two to three times per week to keep the blog

updated.

Each blog will have contact information posted if students ever have questions on the site’s entries.

Besides entries, the blog also consists of events and programs offered at the Sloss Center, a monthly calendar and a category cloud. The category cloud allows visitors to click on a certain topic, from body image to sexual assault, and provides more information on the topic.

More and more visitors have been to the blog in the time that it’s been up and running, but the women’s center organizers encourage everyone to check it out and leave comments of their own.

>>ACACIA.p1A

a university. William, 18, got his hands on an old economics textbook and read it cover to cover three times in two weeks, Kautzky said.

“It was really humbling to realize that they would give anything to get an education,” Kautzky said. “Their situation is completely unfair and tragic.”

Kautzky started the Pages of Promise philanthropy in 2003 to send used textbooks to Africa for students like William.

Approximately 80 to 90 percent of old textbooks end up sitting uselessly on shelves, packed away or thrown away, Kautzky said.

About one-third of all textbooks are new each year. The bookstore will not buy back a book once a new edition comes out.

“Donating your textbooks helps rebuild schools and universities. It really changes the lives of hundreds of thousands of people. Students don’t realize the power behind a couple of pages and a book cover,” Kautzky said.

Pages of Promise partners with Books for Africa in St. Paul, Minn., to ship and distribute the books among the libraries and universities in Africa.

The philanthropy has collected more than 100,000 textbooks since it was founded in 2003.

“Math and science books are the really valuable ones,” said Matt England, senior in aerospace engineering and president of ACACIA.

Pages of Promise does not accept American government and religion books or books older than 15 years.

Green boxes have been placed around campus where students can drop off their used textbooks. The boxes can be found in residence halls, the Memorial Union, Greek houses and other campus buildings.

Derek Robison, sophomore in elementary education and ACACIA philanthropy chairman, said they are working to make Pages of Promise its own organization.

“We would like to see it expand beyond Iowa State to the other schools in Iowa,” Robison said.

>>DRINK.p1A

The caffeine in the beverages is considered an unsafe food additive and is in violation of the Federal Food, Drug and Cosmetic Act, according to the warnings.

According to the Phusion Projects website, Four Loko comes in a 23.5-ounce can and has 12 percent alcohol content by volume — meaning that for every ounce of liquid in the beverage, 12 percent of it is alcohol.

By comparison, a can of Keystone Light has an alcohol content by volume of 4.2

percent.

Phusion Projects also claims the drink contains no more caffeine than a tall Starbucks coffee, but many estimates put the actual content as high as 500 milligrams.

In comparison, Monster energy drink contains about 160 milligrams of caffeine.

A single Four Loko is about the equivalent of a six pack of beer and five cups of coffee, according to the FDA’s measurements.

The controversy began to take the public spotlight in October when nine Central Washington University students were hospitalized after drinking Four Loko, both on its own and mixed with other drinks.

Since that incident, momentum began growing, and several states banned the drink, including Utah, Oklahoma, Michigan and New York. Many other states began to follow.

Phusion Projects released an open letter. In the letter, Phusion Projects stated that in the future, Four Loko will continue to be available, although it will offer a non-caffeinated version of the popular beverage.

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Editorial

Take time to get flu vaccination for you, others

As we enter these last few weeks of the semester, we all have myriad tasks and assignments to worry about: final exams to study for, group projects to pull together at the last minute and possibly catching up on homework that we've put off for most of the semester.

These things have been at the backs of our minds all break, but one concern that should stay at the top of everyone's priority list is personal health, and there's one health-related issue specifically that everyone should be paying attention to: the flu.

Every year our whole lives are assaulted with ads and public service announcements. We see billboards, watch TV ads and read editorials encouraging us to invest a little bit in ourselves and in our own health.

Taking a few minutes of your time for something as simple as a flu shot will not only keep your roommate happy, but also saves lives.

There may not be a statistic like the blood drive's "give blood and save three lives," but each year the Centers for Disease Control estimates more than 20,000 Americans die from the flu, more than 90 percent of whom are children or people 65 years and older.

More than 100,000 are hospitalized. The flu is the leading cause of death for infectious diseases in the United States and can lead to other dangerous diseases such as pneumonia.

A quick shot or — even better — the nasal mist is a really easy way to avoid all of this. While it's not likely that you'll end up in the hospital or dead, there's a good chance the flu could bring your academic and social life to a grinding halt for a few days and make you much less than comfortable during that time. We think the flu shot is worth it.

Even with the overwhelming benefits — to you personally and to society — that the flu vaccine provides, there are still myths that perpetuate a negative stigma for the vaccine; however, the largest myth that I continue to encounter is that flu shots can have the influenza virus itself as a side effect.

An inactivated (killed) version of the virus is injected into the body; therefore, any symptoms experienced are immune system responses to the virus, not symptoms of the virus itself.

And for those who are squeamish, never fear; the flu mist is another, possibly even better, option. Not only do you get to avoid having to sit still while someone stabs you, but also the mist strengthens the immune system starting at the point of entry; the nose and mouth (the place where the flu is most commonly contracted) as opposed to the arm muscles (less common as a disease's starting point).

The Thielen Student Health Center offers flu shots for \$20 as opposed to \$25 at Walmart. The flu mist is also offered for \$25 as an alternative. You can stop by the health center Wednesdays and Saturdays from 9 to 11:30 a.m., or you can schedule an appointment.

Please use this as an opportunity to directly protect yourself and those around you from sleepless nights of sneezing, coughing and throwing up — and even trips to the hospital.

As you consider whether to get vaccinated, think of your grandparents, great-grandparents or any young siblings you may have, and what your life would be like without them. Getting the flu shot can prevent this situation for you and those around you — a simple decision with a powerful impact.

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Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.

Business



The Lincoln Way Taco Bell is closed. Signs were taken down and laid behind the store. Photo: Karuna Ang/Iowa State Daily

'Yo quiero' my job

By Cameron.Leehey@iowastatedaily.com

Short-notice layoffs cruel so close to holiday

On the corner of Lincoln Way and Sheldon Avenue, just off campus, an anomaly existed. It was one of the first things I noticed upon moving into the neighborhood: Taco Bell, or rather its employees, were the exception to a rule. If you're an American, you're no stranger to fast food chains, and you've likely noticed the people who work in such places tend to hate their lives conspicuously. The opposite was true of the employees of the Lincoln Way Taco Bell.

When I stopped in prior to the dinner rush Nov. 18, as per usual, the workers were enjoying each other's company. One young man, younger than myself, had brought in his infant — 7 pounds, 2 ounces — and everyone on shift was huddled around, fawning warmly over the child.

You can understand, then, that when one of the long-time workers told me the employees at this Taco Bell were like a family, I believed him.

It was not apparent that in three days, they would all be laid off. Every one of them. Right before Thanksgiving. With

two weeks notice.

Taco Bell is to be relocated to Duff Avenue and reopened this summer. When the powers that be informed the Lincoln Way workers Nov. 7 that their employment would be truncated, only token consolation was offered. If the employees agreed to "stick it out" for the last two weeks of Cyclone football in Ames, they would be paid an additional \$75 on their final paychecks. The workers were offered Taco Bell jobs in Des Moines, though few of them own cars. They were told unemployment claims would not be fought.

I want to know why they weren't told they'd be going into the holiday season unemployed until it was upon them. After all, the decision to close down a franchise location and procure a new one isn't made in haste; it must have been known for months that the Lincoln Way Taco Bell would be shut down Nov. 21, the day of the last home game for the Cyclones.

Here's a theory: The franchise owner, wanting to maximize profits for the remainder of the store's operation on Lincoln Way, needed the Taco Bell to be completely staffed right up until the end of the operation.

Had the employees been given

Slight reflection indicates that something very scummy was done to the former employees of the Taco Bell on Lincoln Way in the name of short-term profits."

enough time to find new jobs before their current one ceased to exist, this would not be possible, as they would leave Taco Bell once they were hired by some other business.

Slight reflection indicates that something very scummy was done to the former employees of the Taco Bell on Lincoln Way in the name of short-term profits. I found Taco Bell's District Manager on Nov. 19 to set the record straight.

When I brought up the subject of the employees being laid off, he refused to speak with me. I then contacted the corporate offices of Taco Bell. They also refused to comment.

Perhaps they share my belief that their short-notice holiday season lay-off is insensitive, inhumane and indefensible.

Video games

They're not just for kids

By Tim.Greene@iowastatedaily.com



Stereotypical view of video games not fair to adult gamers

Thanksgiving break is over, and I am sure a few of you were met with the surprise, upon your arrival home, that you would be relegated to the children's table. Despite your learned knowledge as a college student, you were still deemed unfit to sit next to your elders and discuss body scanners, Obama's approval rating and corn prices — opting instead to challenge your cousin to a deviled-egg eating contest.

This is similar to how society views video games. Despite their status as a multi-billion dollar industry and their growing popularity, complexity and depth, video games are still seen as a domain for children and the immature to enjoy overly violent content. I think the usefulness of these ideals have been depleted, and it is about time that video games prop up a chair next to grandpa books, great aunt music and cousin movies and TV.

Misconceptions about video games seem harmless, but these fears have resulted in a number of court cases including a U.S Supreme Court case, Schwarzenegger v. Entertainment Merchants Association and Entertainment Software Association, still being debated, that seeks to restrict the sale of "violent" video games to minors. Although I believe the Supreme Court will strike down this restriction, these views about video games will continue, as they have after



Batman's character has appeared across various media platforms. Still, his appearance in this video game is one of the most critically acclaimed. Courtesy photo: Eidos Interactive

more than a dozen other court rulings, as long as these misconceptions are not addressed.

Video games are not just for kids or vast armies of man-children. Sixty-seven percent of all American households play computer or video games, and the average age for a game player is 34. People have explained to me that the growing age of gamers is attributed to the fact that an increasing population is unable to grow out of playing video games. Why is video game abstinence a necessary step for obtaining adulthood? Playing games does not force you to adhere to the standard of being a Hot Pocket-eating, unemployed basement-dweller.

Controlling a digital avatar through a computer-animated world for a few hours doesn't sound like the most adult activity, but how is watching a movie more beneficial?

The main difference would be the storytelling in the two mediums. Admittedly, most stories in video games amount to the level of a B-rate action movie; however, there are some quality outliers. Like early movies, many video games concentrate on delivering an increasing spectacle — making bigger explosions or more realistic laser pistols. Now that game developers have realistic graphics, it seems more and more games are going beyond the novelty of excitement.

A common complaint I hear about video games is that they are too violent. Talk to anyone between the ages of 30 and 50 about video games, and 78 percent of the time they will start complaining about how "Grand Theft Auto" causes people to rape and kill others.

Of course, everyone has seen commercials for violent

games like "Assassin's Creed" and "Call of Duty," but these mature-rated titles only make up a relatively small portion of the games released each year. And despite what you might be thinking, people actually buy nonviolent games. In 2009, E — for everyone — titles outsold the combined totals of mature and teen-rated games, and 13 of the 20 top-selling video games of 2009 were rated E.

Society has accepted there are negative effects of watching violent television and movies, and seems capable of monitoring exposure to such content, so why should video games be any different? Some would say interactivity creates new implications. Since you are actively controlling the violence, it will be more damaging than simply observing it. This makes sense on paper, but there is currently no research that suggests games are especially harmful.

Luckily, the Supreme Court has examined the available research and realizes the implications this restriction would have if passed.

"One of the studies, the Anderson study, says that the effect of violence is the same for a Bugs Bunny episode as it is for a violent video. So can the legislature now, because it has that study, say we can outlaw Bugs Bunny?" said U.S Supreme Court Justice Sonia Sotomayor in the case's opening arguments.

Video games have only been around for 50 years and available to the public for an even shorter period of time. The best advice for understanding video games is to ignore stereotypical views and just play one for yourself.

Rally

An Aryan no-show



By **Brandon.Blue** @iowastatedaily.com

Counter-rally left without a cause

“**N**ational White Pride Day,” as declared by the Aryan Nations and the American National Socialist Party, was last Saturday. A huge demonstration took place at the Capitol, with hundreds of supporters of white supremacist doctrine. The Aryan Guard came all the way from Canada, and Prussian Blue took the stage to sing some white-power hits.

Actually, that’s all untrue. There was no demonstration.

There was a counter-demonstration, though.

I found out about it through an event invitation via Facebook. “Outweird the Racists,” it said.

How do you outweird a racist? Well, as the invite explained, one takes a sack of the biggest, floppiest dildos one can find to an Aryan Nations/ANSP rally. Then one proceeds to wave said dildos at said racists while screaming “DILDO” at the top of one’s lungs.

I clicked “attend” in two seconds because really, who’s going to miss that?

Of particular note was the event’s flyer containing the date and location and explaining “All White Nationalist Welcome.” Racist and grammatically incorrect.

More on that later.

It seemed obvious to me, upon seeing the flyer, that I’d be encountering people at whom dildo-waving was acceptable.

The demonstration against racism on the Capitol Building’s West Terrace bristled with anticipation; here stood free people resisting prejudice crawling into their city under cover of the First Amendment. But nothing crawled in.

The Aryan Nations and the ANSP didn’t show.

It had lined up to be a great day; among the counter-protesters were a group of SHARPs (SkinHeads Against Racial Prejudice) and part of the local chapter of Food Not Bombs.

“I think we won,” said Justin, who wandered into the Village Bean that morning and saw the Food Not



An Aryan Nations and American National Socialist Party white supremacist rally was scheduled for Saturday, but it didn’t happen. Instead, counter-ralliers were left without a cause. Photo: Jason Arment/Iowa State Daily

Bombs group preparing to walk to the demonstration. “They didn’t show and we’re here.”

He decided on a whim to join them. Other protestors told me the Aryan Nations and ANSP were victorious.

Fifty people stood in the cold for two hours demonstrating against nobody.

Preston, the leader of the Food Not Bombs group, was literally left holding the sack.

“I’ve got to tell you,” he said, “I’ve never needed a racist more in my life than right now.”

Two members of the ANSP did in fact show up; they were briefly detained by police just in front of the counter-protestors thanks to a missing tail light.

As I later found out, they’d come down from the Twin Cities to demonstrate only to be stood up by everybody else on their side. Why didn’t anyone else show up from the ANSP or Aryan Nations? Rumors circulated about an hour into the protest that

their permit to use the West Terrace had been pulled.

However, I also heard a different theory circulating positing that the first was fabricated to allow the ANSP and Aryan Nations to save face. Whatever the reason, it was a bitter anticlimax.

But it was encouraging to see the number of people showing up to protest the hateful vitriol.

Unfortunately, I found a good portion of the protesters surprisingly immature.

Those not affiliated with either the SHARPs or Food Not Bombs held signs that were simply ill-conceived (such as “Kill Whitey”) or were poor attempts at recapturing the aura of the Rally to Restore Sanity And/Or Fear (signs like “The Hamsters Are Stealing Our Jobs”). The relevance of the protest seemed to escape this portion.

Not that I’m far from them; I had shown up to see grown men and women waving fake penises at bigots, and left sorely disappointed.

Airports

Security procedures need to be reformed

By **Victor.Hugg** @iowastatedaily.com

New regulations overstep boundaries

Earlier this month, the Transportation Security Administration – an agency of the U.S. Department of Homeland Security – instituted a new set of procedures wherein all airline passengers and flight crews are required to be thoroughly screened. The imposition of strict regulations under the semblance of airport security is far from a novel concept for those who have boarded an airplane in the last 10 years.

On Dec. 22, 2001, Richard Reid – colloquially known as “the shoe bomber” – attempted to blow up a plane flying from Paris to Miami. Today, travelers have to remove their shoes before proceeding through scanners. The TSA states that the ban on liquids, aerosols and gels “was implemented on Aug. 10 after a terrorist plot was foiled.” Known as “the 2006 transatlantic aircraft plot,” terrorists planned to detonate liquid explosives on planes traveling from the United Kingdom to the United States and Canada. Unfortunately, I was flying back to the United States from Panama on that very day and witnessed first-hand the confiscation of travelers’ water bottles. Today, the TSA only allows up to 100 milliliters of “non-flammable liquid, gel or aerosol paint” in your carry-on.

On Dec. 25, 2009, a Nigerian citizen by the name of Umar Farouk Abdulmutallab – referred to as “the underwear bomber” – attempted to ignite plastic explosives hidden in his underwear while on a flight from Amsterdam to Detroit.

Today, travelers must pass through a full-body scanner, a device that essentially looks through clothing in order to discover hidden objects, thus creating a nude image of someone. If you decide to opt-out from the scan, you will be subject to a pat-down that is – as the New York Times put it – “a far more invasive form of procedure,” in which “women’s breasts and all passengers’ genital areas are patted firmly.”



There’s more: Victor’s column finishes online, at iowastatedaily.com

John Tyner, a software programmer who, at the San Diego International Airport, famously told a TSA agent, “If you touch my junk I’m going to have you arrested.” He now faces a potential \$10,000 civil fine for violation of airport security regulations. This type of response from our government, in the name of safety, is outrageous. Even though these attacks failed, the bombers still succeeded in terrorizing us. In addition, it seems the TSA is always one step behind the terrorists, implementing policies only after a new type of attack has been attempted. More focus should be given to human intelligence, not screening. From a safety perspective, discarding liquids (because they could be explosive) in a bin that is immediately adjacent to where hundreds of people are wrapped around in lines makes no sense.

Long lines are a common sight at security checkpoints; a terrorist could simply walk up to the unsecured bottleneck and detonate a bomb.

Privately-held companies are getting rich off of our tax dollars thanks to belligerent fear-mongering. According to the USA Today, “The companies with multimillion-dollar contracts to supply American airports with body-scanning machines more than doubled their spending on lobbying in the past five years and hired several high-profile former government officials to advance their causes in Washington, government records show.” Lobbying data compiled by the Center for Responsive Politics show that “L-3 Communications has sold \$39.7 million worth of the machines to the federal government.” They spent “\$4.3 million trying to influence Congress and federal agencies during the first nine months of this year, up from \$2.1 million in 2005.”

THE IOWA STATE CHAPTER OF THE HONOR SOCIETY OF PHI KAPPA PHI EXTENDS CONGRATULATIONS TO THESE FALL 2010 INITIATES

AT THE PHI KAPPA PHI INITIATION ON SUNDAY, NOVEMBER 14, 30 UNDERGRADUATE STUDENTS WERE ACCEPTED INTO THE HONOR SOCIETY OF PHI KAPPA PHI

Keynote Speaker

Sylvia Louise Blanchfield

“Research on the Relationships between Fathers and Gifted Daughters”

Founded in 1897, The Honor Society of Phi Kappa Phi has as its primary objective the recognition and encouragement of superior scholarship in all academic disciplines. Eligibility for membership is extended to those in the top percentile ranking of their graduating classes.

Iowa State University was the sixth chapter chartered in 1911. The Honor Society of Phi Kappa Phi has more than 280 member chapters extending from Maine to Alaska.

The Society has several ongoing award programs for students and its supporting members. It is best known for its Fellowship program, which presents financial awards of over \$380,000 to 50 students annually in support of the first year of graduate or professional studies.

The Iowa State chapter of The Honor Society of Phi Kappa Phi has a local scholarship competition. The top local scholar represents Iowa State in the National Fellowship Competition. Iowa State University students have been awarded a total of \$12,000 in the last three years of the national competition. During that same period, the ISU Chapter has awarded \$5,000 to the top local scholars in its local competition.

The Honor Society of Phi Kappa Phi makes a significant contribution to higher education by recognizing academic excellence across all disciplines and in support of the Society’s motto....*let the love of learning rule humanity.*

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Matt Darbyshire	President	Janet Melby	Public Relations
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Men take sixth win

Hoiberg's team continues to exceed initial expectations

By Chris.Cuellar
@iowastatedaily.com

Emerging from the break, Iowa State has a 6-0 start with a first-time coach and just 10 available players after being picked to finish last in the Big 12. ISU fans are feeling thankful.

The season may have started with low expectations, but after Saturday's 81-59 win over Montana State, the Cyclones were treading on historic ISU numbers that will keep the expectations high in the Fred Hoiberg era.

"The way that these guys have bought in since day one, it's an easy group of guys to be around and an easy group of guys to coach, because they do the right things," said Iowa State's unbeaten coach Hoiberg. "Everybody, 1 through 15, has bought in. Everybody is out there competing on a daily basis. Practices have been very competitive, and when you have those kind of practices, it carries over into the games."

Through the first half-dozen games in the long season, Hoiberg



Hoiberg



Ejim



Iowa State's Melvin Ejim goes for the basket during the Cyclones' game against Montana State on Saturday in Hilton Coliseum. The Cyclones beat the Bobcats 81-59. Photo: Manfred Brugger/Iowa State Daily

has become just the third basketball coach in ISU history to begin his career 6-0, and freshman forward Melvin Ejim has passed his coach's mark for double-digit scoring games to begin a career. The true freshman is averaging 15.7 points this year, second on a team on which all five starters are averaging double-digits.

"I just thought I'd come in and play my part and do what I had to do to help my team win," Ejim said. "If this is helping the team win, then I'm going to keep doing it."

The team's leading scorer and leader on the floor is senior guard Diante Garrett, who is showing off the potential that fans had felt he hadn't fully tapped into over the last three seasons. Garrett is averaging a career-high 17.5 points per game, has made 12 threes and has a new career-high 29 points after letting loose against his former coach in the Creighton game Nov.

21.

The Cyclones were expected to pound their first two opponents, Northern Arizona and Alabama State. They did just that. When Drake came to Hilton Coliseum on Nov. 17, it was supposed to be a competitive in-state rivalry game. It turned into a Cyclone showcase, with guard Scott Christopherson shooting a perfect 11-of-11 from the floor, and Iowa State beating the Bulldogs by a record 48 points.

The game against Creighton

HOIBERG.p2B >>

Women go 2-1 at tropical tourney

Virginia defeated in opener

By David.Merrill
@iowastatedaily.com

Iowa State improved to 4-0, defeating Virginia 66-49 in the opening game of the Paradise Jam tournament in the U.S. Virgin Islands.

Iowa State had been a second half team for the first three games of the season, but they used their 30-9 first half performance to cruise to victory.

Senior shooting guard Kelsey Bolte scored 15 points while freshman forward Hallie Christofferson continued her hot streak with 11 points. Freshman guard Kelsey Harris had nine points off the bench.

Iowa State's bench outscored the Cavalier's bench 35-21.

The Cyclone's defense continues to impress, holding their opponent to 30 percent from the field. Iowa State has held all opponents so far to 30 percent or lower from the field.

	1	2	final
Virginia	19	29	48
Iowa State	40	26	66

Bolte secures close victory

By Dan.Tracy
@iowastatedaily.com

In a game in which neither team held more than a seven-point lead, Iowa State knocked down a Paradise Jam Tournament record 14 three-pointers to hold on for a 64-59 victory over Texas Christian.

With the win, the No. 17 Cyclones have started their season 5-0 for the first time since 2001-2002 while No. 21 TCU falls to 3-2 on the year.

ISU senior guard Kelsey Bolte sealed the victory with a pair of free throws with only 11 seconds remaining.

As a team, the Cyclones hit a season-high 14 three-pointers, making 56 percent of their shots from beyond the arc. The Cyclones were led by Mansfield who drained six of her seven three point attempts and scored a season-high 20 points on the night. Bolte also chipped in with five three-pointers, finishing with 19 points on the game. Freshman forward Hallie Christofferson led the Cyclones on the glass with seven rebounds as Iowa State out-rebounded TCU 40-30.

The Horned Frogs battled through some poor shooting to keep the game close as they finished the night shooting only 30.5 percent from the field.

	1	2	final
Iowa State	29	35	64
Texas Christian	28	31	59

Cyclones fall to W. Virginia

By David.Merrill
@iowastatedaily.com

Iowa State (5-1) was dealt its first loss on Saturday in the Paradise Jam Tournament in the Virgin Islands. West Virginia (6-0) used a 40-22 rebounding advantage en route to a 64-53 victory.

Senior shooting guard Kelsey Bolte lead the way again for the Cyclones with 13 points while junior forward Chelsea Poppens contributed ten points.

Freshman forward Hallie Christofferson pulled down five rebounds to go with her eight points. Junior point guard Lauren Mansfield scored seven points and had seven assists.

West Virginia's Liz Repella led the way with 15 points and Madina Ali helped out with 13 points and nine rebounds.

	1	2	final
Iowa State	26	27	53
West Virginia	36	28	64

Volleyball

Cyclones to face off with Creighton

NCAA Tournament pairings reveal Iowa State's next match

By Dan. Tracy
@iowastatedaily.com

The 3-1 loss to Texas only lingered for about 15 hours for Iowa State as the regular season ended and the NCAA Tournament field was announced at 2 p.m. Sunday.

Players, coaches and fans gathered at West Cyde Wings in Ames to view the NCAA Selection Show, during which the Cyclones were announced as a team in the Seattle region. They will play Creighton on Friday in Minneapolis. The Cyclones last played Creighton on Sept. 2, 2008, when Iowa State traveled to Omaha, Neb., and won in four sets (22-25, 25-21, 25-15, 25-16).

"To me it doesn't matter who you play, where you go, when you play, we're just so excited to get this part of the season underway," said ISU coach Christy Johnson-Lynch.

The Cyclones will return to the NCAA Tournament for the fifth consecutive season and will be back in Minneapolis for the first and second rounds, just as they were in 2008.

Also in Minneapolis next weekend will be two familiar Midwest opponents as North Dakota State (20-10) and the No. 10 seed host Minnesota (24-8) will play in the other first-round matchup. Iowa State defeated North Dakota State 3-1 on Sept. 3 at Ames High School, and the Cyclones fell to Minnesota last season 3-1 in the Diet Coke Classic in Minneapolis.

"I think it's good, it's about what we were expecting," Johnson-Lynch said of the team's



Outside hitter Victoria Henson delivers an attack against Texas on Saturday at Hilton Coliseum. Henson had 21 kills and 11 errors during the match. Iowa State lost to Texas 3-1, but will travel to Minneapolis to take part in the NCAA Tournament. Photo: Bryan Langfeldt/Iowa State Daily

draw. "Those are all really good teams. We're pretty familiar with both Minnesota and North Dakota State, but again I don't know much about Creighton's personnel, so that will be something we try to learn about in the next few days."

Johnson-Lynch and the Cyclones will get their third opportunity this season to have at

least five days to prepare before taking the drive up I-35 to Minneapolis.

"I think we'll have a good week of practice, I think we'll have a lot more energy this week and just be excited to get going," Johnson-Lynch said.

NOTEBOOK.p2B >>

Schedules: Men's Basketball

Iowa State at Northern Iowa
7 p.m. Wednesday
at Cedar Falls
McLeod Center



Iowa State vs. California
1 p.m. Saturday
Hilton Coliseum
Color It Cardinal Game



Volleyball

Iowa State vs. Creighton
4:30 p.m. Friday
at Minneapolis
NCAA First Round



Wrestling

Iowa State at Iowa
7 p.m. Friday
at Iowa City
Carver Hawkeye Arena



Hockey



Forward Matt Rucinski attempts to go through Indiana’s defense Saturday, Nov. 13, at the Ames/ISU Ice Arena. The Cyclones return home from their series in Canada to face No. 1 Lindenwood this weekend. File photo: Shiyao Liu/Iowa State Daily

Cyclones travel to Canada for Thanksgiving break, return home to take on No. 1

By Sara.Schleuter
@iowastatedaily.com

While many students were enjoying the Thanksgiving break, the Cyclone hockey team was in Canada playing a string of games against the University of British Columbia, Simon Fraser University and Trinity Western University.

On Friday, the Cyclones began their stretch of three games in three days. The squad put in three first-period goals against its first opponent, the UBC Thunderbirds.

However, during the second period, the Cyclones began to rack up penalties, which gave the Thunderbirds too many power play opportunities.

The Thunderbirds were able to score three goals in the second period, and with a single tally in the opening frame, took a

hold of the lead 4-3.

The Cyclones stayed strong in the last period, tying the game with a shot from David Kurbatzky, but the Thunderbirds were able to score one last time, and the Cyclones lost 5-4.

Against Simon Fraser, the Cyclones were able to scrape up a 5-2 win.

The Cyclones opened up a two-goal lead in the opening period, and the mo-

Friday	1	2	3	final
Iowa State	3	0	1	4
British Columbia	1	3	1	5
Saturday	1	2	3	final
Iowa State	2	1	2	5
Simon Fraser	0	1	1	2
Sunday				final
Iowa State				4
Trinity Western				7

mentum kept going throughout the rest of the game.

The last game of the Cyclones’ brief tour to Canada ended with a loss to Trinity Western University, 7-4.

Lessons learned from the trip north will have to come in a hurry.

This weekend, the Cyclones (11-12) will host No. 1 Lindenwood (15-1) in a two game home series at the Ames/ISU Ice Arena.

NFL

Faulk, Martin, Bettis, Sanders headline 2011 Hall of Fame semifinalists

CANTON, Ohio — Curtis Martin, Jerome Bettis and Marshall Faulk, three of the top 10 rushers in NFL history, are among 26 semifinalists for the Pro Football Hall of Fame’s class of 2011.

Two other star running backs, Terrell Davis and

Roger Craig, are on the list released Sunday.

Cornerback Deion Sanders also is on the list and, like Martin, Bettis and Faulk, is in his first year of eligibility. Sanders scored nine times on interceptions, also played offense at times, and is a former

major league baseball player. He won the 1995 Super Bowl with San Francisco and the 1996 game with Dallas.

Top receivers Cris Carter, Tim Brown and Andre Reed are among the semifinalists, along with tight end Shannon Sharpe; offensive

linemen Willie Roaf and Dermontti Dawson; defensive linemen/linebackers Charles Haley, Chris Doleman and Kevin Greene; former Commissioner Paul Tagliabue and others.

The Associated Press

>>NOTEBOOK.p1B

Playing great vs. No. 8

Following three consecutive victories over unranked opponents, the Cyclones hosted one of the nation’s hottest teams when the No. 8 Longhorns came into town. Texas (22-5, 17-2 in Big 12) was riding a 14-match win streak when it came to Hilton Coliseum on Saturday.

Despite coming out on the losing end of the match, Johnson-Lynch and the team were pleased with how they competed in their regular season finale.

“I think we played the best that we’ve played in a while,” said senior libero Ashley Mass.

“I think tonight kind of showed that we can play with all of these top teams, we’re right there, and we should be peaking at the right time

The Longhorns entered the match with the top hitting percentage in the Big 12, .314, and the top two individual percentages with Rachael Adams and Jennifer Doris, who are hitting at .448 and .447.

“I don’t know another team comparable to them as far as offense,” said senior outside hitter Victoria Henson. “They’re real aggressive with their swings, they’re all athletic and they hit pretty hard and pretty high.”

That aggressiveness is something the Cyclones are hoping they can improve on as they head into the NCAA Tournament.

“I feel like there were a lot of plays where we had a chance to hit the ball over or a chance to get a kill, and we were just kind of tentative or not quite as aggressive as we should have been,” Mass said.

“I feel like those couple points can make a game,” she said.

It was only the second time that Iowa State, under Johnson-Lynch, had ended its regular season with a match against a ranked opponent.

The last time was in 2007 when it beat no. 21 Oklahoma in four sets at Hilton Coliseum.

The week after that Oklahoma victory, the Cyclones qualified for their first of three consecutive trips to the Sweet Sixteen.

“I’m sure we’re not going to start off playing an easy team that is ranked in the top 16, but I think we can just feed off the energy and emotion from [this match] and carry it over to the next one.” Henson said.



Mass



Henson

So long to the seniors

In their last match at Hilton Coliseum, Henson and Mass once again led the Cyclones in kills and digs like they have done so many times over their four-year careers.

Henson, the school’s all-time leader in kills, now sits at 1,700 career kills, and Mass, the school and Big 12 all-time leader in digs, ended the night with 2,259 career digs.

After the match, Henson, Mass, setter Cassie Pratt and former player Rachel Williams were honored with framed jerseys and a video commemorating their Cyclone careers.

“Just watching the video, I was thinking ‘Boy they’re going to be hard to replace,’” Johnson-Lynch said of Henson and Mass.

“They’re just such special players ... They’re two of the best players in the country and beyond that just great people, great students and great role models,” Johnson-Lynch said.

“We’re going to miss them a ton, and hopefully we can send them off in style over the next few weeks,” Johnson-Lynch said.

The Cyclones begin their postseason Friday in Minneapolis when they take on Creighton at 4:30 p.m. at the Sports Pavilion.



Pratt



Williams

>>HOIBERG.p1B

may well be Iowa State’s game of the year, with a back-and-forth battle that saw the Cyclones come back, almost blow it and eventually win on a buzzer-tying 3-pointer by senior Jamie Vanderbeken.

“It was a great basketball game if you didn’t care who won,” said Iowa State’s former coach and current Creighton boss Greg McDermott after the game. “Obviously I care who won, and the wrong team won for me.”

Kennesaw State and Montana State, the Cyclones’ next two opponents, were talented and experienced squads that could have made things difficult for Hoiberg’s young and thin squad. Instead, Kennesaw State never sniffed a lead, and Montana State hung around for a half and then watched Iowa State run a second-half clinic.

“It was good for us to learn that we need to start blowing teams out in the beginning when we know that we can, instead of giving them confidence,” Ejim said. “I don’t think it was a good thing, but we’re definitely going to learn from it.”

Tougher teams on the schedule are undoubtedly still ahead, but an undefeated start definitely takes some pressure off of a team with just three players who had previously seen game action for the cardinal and gold. The Cyclones are shooting 50 percent from the floor so far this year and holding their opponents to 36 percent.

The high-octane offense that was discussed in the off-season? Hoiberg’s club is outscoring opponents by an average of 25.7 points per game and is shooting 44 percent from 3-point range.

Despite the unbridled success, the squad still knows there is plenty to learn and deal with this season. No. 6 Kansas probably won’t let Iowa State score 26 points off turnovers like Drake did, or shoot 66 percent from the floor in a half like Creighton did.

“We’ve got some games coming up against some real solid teams, and as we get into the Big 12, every game is going to be a dogfight,” said Christopherson, who is shooting 64 percent from 3-point range. “It’s definitely a different game when the score is closer.”

Strength of schedule aside, the combined record of Iowa State’s opponents in November was 15-15. Rivals Northern Iowa and Iowa are coming up, and the Pac 10’s California comes to Hilton on Saturday afternoon, but the current record of opponents drops to 11-22 over the next six games. It’s manageable, yet hard to believe the club everyone doubted could compete at the start of the season is racing off with a great start under Hoiberg.

“We’re a pretty good shooting

team, so if we struggle we need to rely on our defense a little,” Christopherson said. “We’re going to have those certain games where guys hit shots, and that’s where we’re going to be able to break the game open.”

Wednesday’s game against Northern Iowa is in Cedar Falls, and tips off at 7 p.m.



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Hotel

Gateway receives property honor

The Gateway Hotel and Conference Center was named "Property of the Year" for 2010 by the Iowa Lodging Association. The hotel also won the award in 2009.

Earlier this fall, Gateway had a major change in its restaurant. Audobon's, which had been in the Gateway since 2000, was a more upscale establishment. The IowaStater, which held its grand opening Oct. 7, focuses more on Iowa comfort food with lower prices.

The Gateway also has a Lobby Bar, a contemporary upscale lounge, and hosts conferences throughout the year.

The 187-room, 8-floor hotel and conference center is located on 17 acres of trees, native grasses, and gardens. It holds more than 300 original works of art, including prints by John James Audobon and photographs. It has many amenities such as a pool and sauna, fitness center, free wireless internet, a business center and pet fish are even available on request to provide companionship to travelers.

The Iowa Lodging Association represents its members to the legislature, provides networking opportunities to its members and hosts training and education seminars.

Earlier, the Gateway was named a "Best of MidAmerica" property by the readers of Meetings MidAmerica Magazine.

Daily Staff

Unemployment

Labor market picks up in Ames

The unemployment rate in Ames decreased from 4.1 percent in September to 3.9 percent in October, according to the labor market and economic research bureau of the Iowa Workforce Development.

1,300 people in Ames reported being unemployed in October, compared to 1,400 in September.

In Story County, the unemployment rate also decreased from 4.6 percent to 4.4 percent.

In the state of Iowa, however, the unemployment rate stayed steady at 6.7 percent for both September and October.

"We're kind of in a holding pattern, and we'll probably see over the next several months our unemployment rate slowly decline," says Kerry Koonce of the Iowa Workforce Development agency in an interview with Radio Iowa.

"It'll be well into 2011 before we see every month, continually, adding high numbers of jobs," she said.

Iowa's unemployment rate remains low compared to the national rate, which was 9.6 percent in October.

However, the unemployment rate does not take into consideration those who have stopped seeking employment, underemployment, reductions in benefits or other factors.

Daily Staff



Ames retailers saw a strong start to the holiday shopping season Friday. A line of more than 200 people gathered at 7 a.m. at North Grand Mall for a gift-bag giveaway. In the Main Street Cultural District, shops decided to have sales from 2 to 5 p.m. instead of an early-bird rush. Photo: Sarah Binder/Iowa State Daily

Shoppers flock to deals



Emily Lampe, marketing coordinator for North Grand Mall, prepares to hand out gift bags containing gift cards and coupons to early-bird shoppers Friday. Photo: Sarah Binder/Iowa State Daily



Ornaments made from soda cans from Worldly Goods are fair-trade and handmade in Kenya. Shops on Main Street had sales from 2 to 5 p.m. instead of in the morning. Photo: Sarah Binder/Iowa State Daily

Holiday bargain hunters flood North Grand Mall, Main Street

By Sarah Binder
@iowastatedaily.com

One car circled the deserted parking lot at 2:30 a.m. The radio was tuned to Lite 104.1, continuous holiday music.

By 4 a.m., the three boys were poring over sweaters and scarves at Younkens.

At 5 a.m., breakfast at Jimmy John's was in order.

But Ryan Schumacher, Jake Swegle and Kyle Henry, all seniors at Nevada High School, weren't at North Grand Mall for the Black Friday deals — they hadn't purchased anything, and didn't plan to.

They were celebrating the social aspect of the holiday.

"We're people watchers," Schumacher said.

They had plenty of people to watch at North Grand Mall that morning. At 7 a.m., a gift bag giveaway drew a line of more than 200 people.

"It's a good day for people who want to make it an event," said Liesl Eathington, an economist at Iowa State who published a report on Black Friday shopping.

Three generations of the Porrez family — a grandmother, mother and daughter — arrived at North Grand Mall from Fort Dodge at 4 a.m.

Kathy Porrez, 60, said the shopping experience at North Grand is superior to anything in Fort Dodge, so they come every year.

For them, big name stores such as Younkens, JC Penney, Aeropostale and Victoria's Secret are worth the drive.

Jack Fahler, general manager of North Grand Mall, said stores in the mall reported strong Friday sales, and early indicators predict a strong holiday season overall.

Although watchdog groups, such as the National Retail Federation, have increased their attention on "Cyber Monday," or the Monday after Thanksgiving, and consumers continue to shop online for convenience, Fahler said the mall experience still has benefits.

"Shoppers like to see and touch merchandise that they are considering for holiday gifts," Fahler wrote in an e-mail, "and, of course there's the traditional visit with Santa Claus so children can share their holiday wish lists."

For those who prefer to avoid the early-bird deals and lines, the Main Street Cultural District provided a different experience.

Melanie Christian, manager of Worldly Goods, said the district's shops had considered opening early, but most kept their normal hours for the day.

However, Christian said, although the district has always seen shoppers on Black Friday, they are trying to develop more traffic on the big day.

Many shops such as Worldly Goods, Gilger Designs, Sigler on Main, It's All About Me! and Miss Meyer's Clothing Consignment had deals from 2 to 5 p.m.

Worldly Goods, which sells handmade and fair-trade objects from around the world, featured a different country in a sale each hour.

Christian said her store saw a constant flow of customers all day, from when they opened at 10 a.m.

"It's nice to see people coming downtown for an alternative shopping experience," Christian said.

However, the success of chain stores and local shops alike may not necessarily reflect the health of the overall economy.

Eathington said it is important to look at longer-term behaviors.

Eathington's report shows that many economic indicators, such as poverty levels, foreclosure rates and unemployment, are the same or worse than last year in Iowa.

"There are a lot of households that are in worse shape this year than last," Eathington said. "Holiday shopping is more an indication of consumers' moods than anything else."

According to a survey by the National Retail Federation:

- 212 million shoppers visited stores and Web sites over Black Friday weekend, up from 195 million last year.
- The average shopper spent \$365.34 over the weekend, up from last year's \$343.31.
- Total spending reached an estimated \$45.0 billion.
- 9.5 percent of shoppers began shopping at midnight, up from 3.3 percent last year.
- Spending on discretionary items, such as jewelry, electronics, entertainment and toys was also up. For example, 14.3 percent of shoppers bought jewelry over the weekend, up from 11.7 percent last year.
- 106 million people are predicted to shop Cyber Monday.



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Cyclone student athletes stay busy over break



Nov. 19

Hockey




Iowa State Oklahoma

2 - 5

Where: Oklahoma City
The Lead: OU netted four third period goals to pull away from the Cyclones.

Nov. 20

Wrestling



Iowa State Omaha Open

2 in Top 5

Where: Omaha, Neb.
The Lead: Michael Moreno and Kyle Slifka led the young Cyclones in top five.

Football



Iowa State Missouri

0 - 14

Where: Jack Trice Stadium
The Lead: In the last regular season game, ISU was shut out, ending the year.

Hockey



Iowa State C. Oklahoma

3 - 2

Where: Oklahoma City
The Lead: ISU bounced back with a shootout win over the division rival.

Nov. 21

Volleyball



Iowa State Texas A&M

3 - 1

Where: College Station, Texas
The Lead: Kelsey Petersen had 14 kills to help ISU.

Men's Basketball



Iowa State Creighton

91 - 88

Where: Des Moines
The Lead: Jamie Vanderbeken's buzzer-beater won the game at The Well.

Women's Basketball



Iowa State UNI

69 - 59

Where: Cedar Falls
The Lead: Fennelly's club comes back to beat UNI for eighth-straight time.

Wrestling



Iowa State Old Dominion

26 - 11

Where: Hilton Coliseum
The Lead: Cyclones win 7 of 10 matches to put away the Monarchs early.

Swimming and Diving



Iowa State TYR Northwestern Invite

2nd Place

Where: Evanston, Ill.
The Lead: Dani Harris led ISU to second (803 points) behind Northwestern.

Nov. 22

Cross Country



Iowa State NCAA Championships

8th Place

Where: Terre Haute, Ind.
The Lead: Aliphine Tuliamuk finishes as All-American, paces women.

Nov. 24

Volleyball



Iowa State Texas Tech

3 - 1

Where: Lubbock, Texas
The Lead: Cyclones fight through inconsistent performance to avoid upset.

Men's Basketball



Iowa State Kennesaw St.

91 - 51

Where: Hilton Coliseum
The Lead: Upstart Owls wilt under ISU's 10 treys and hot shooting all night.

Nov. 25

Women's Basketball



Iowa State Virginia

66 - 48

Where: St. Thomas, U.S. Virgin Islands
The Lead: A 30-9 half-time lead propels ISU in opener.

Nov. 26

Women's Basketball



Iowa State TCU

64 - 59

Where: St. Thomas, U.S. Virgin Islands
The Lead: Iowa State hits 14 three's to beat No. 21 TCU.

Hockey



Iowa State British Col.

4 - 5

Where: Vancouver, B.C.
The Lead: Penalties doom Cyclones, as UBC gets three power play goals.

Nov. 27

Men's Basketball



Iowa State Montana St.

81 - 59

Where: Hilton Coliseum
The Lead: Hoiberg's squad heats up at half-time, routs MSU.

Hockey



Iowa State Simon Fraser

5 - 2

Where: Burnaby, B.C.
The Lead: Two quick goals put ISU in front for good against The Clan.

Women's Basketball



Iowa State West Virginia

53 - 64

Where: St. Thomas, U.S. Virgin Islands
The Lead: WVU owns the glass to win Paradise Jam.

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Volleyball



Iowa State Texas

1 - 3

Where: Hilton Coliseum
The Lead: No. 8 Texas ends Hilton careers for ISU greats Mass and Henson.

Nov. 28

Hockey



Iowa State Trinity West.

4 - 7

Where: Langley, B.C.
The Lead: Cyclones tried fighting back down 7-1, but couldn't make it up.

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